



# Lincoln Trail District Health Department

108 NEW GLENDALE ROAD  
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March 14, 2020  
Press Release

Media Contact: Terrie Burgan, RN, BSN, MPH

Lincoln Trail District Health Department has received confirmation of a positive Coronavirus Disease 2019 (COVID-19) case in Nelson County.

## The following personal and community prevention measures are recommended to prevent further transmission of COVID-19 for all residents.

### Personal Prevention Measures

- ❖ Avoid close contact with people who are sick with fever, coughing, sneezing, and difficulty breathing. To avoid close contact, stay at least 6 feet away from others.
- ❖ Avoid touching your eyes, nose, and mouth.
- ❖ Stay home when you are sick.
- ❖ Cover your cough or sneeze with a tissue, then throw the tissue in the trash. To avoid coughing into your hands, you can cough into your elbow.
- ❖ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ❖ Wash your hands often with soap and water for “at least 20 seconds”, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- ❖ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

### Community

- ❖ Practice social distancing (6 feet away) and limit your participation in schools, meetings, worship services and other public gatherings.
- ❖ Implement environmental surface cleaning measures in homes, businesses, and other locations, including frequently touched surfaces and objects, i.e., tables, doorknobs, toys, desks, and computer keyboards. Use regular household cleaning spray or wipes as recommended by the Centers for Disease Control.

### People at Higher Risk for COVID-19 Complications

Adults over 60 and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness. If you are at increased risk

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for COVID-19, it is especially important for you to take the following actions to reduce your risk of exposure:

- ❖ Stay at home as much as possible.
- ❖ Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- ❖ When you go out in public, keep away from others who are sick, limit close contact (6 feet away) and wash your hands often.
- ❖ Avoid crowds.

### Reliable Information

Please continue to obtain the most reliable information on COVID-19 from these recommended sources:

- ❖ The Centers for Disease control website located at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ❖ The KY Cabinet for Health and Family Services <http://kycovid19.ky.gov>
- ❖ Lincoln Trail District Health Department
- ❖ [www.ltdhd.org](http://www.ltdhd.org)
- ❖ The public may also utilize Kentucky’s public hotline at 1-800-722-5725.

To ensure limited medical resources are used wisely we are encouraging individuals to use the following guidance prior to seeking care:

#### Worried, but well

- ❖ Do not go to a hospital, ER or doctor’s office. If you are worried-well, going to a hospital or doctor’s office just further overwhelms medical staff and adds to a higher concentration of people. If you are worried-well stay home.

#### Feeling ill, but otherwise would not have sought out medical care

- ❖ If you have a fever or cough and, if it were not for COVID-19, you would not have otherwise sought care, do not seek care at an ER, hospital or doctor’s office. If you want advice, call the state hotline (1.800.722.5725) or your local health care provider.

#### If you are sick and feel you have an emergency

- ❖ Call your doctor or seek medical care. The hospitals across the state stand ready to serve.

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“Lincoln Trail District Health Department has moved from monitoring and assessing to a response mode. We are working diligently to keep the public informed and to identify close contacts of confirmed cases in order to quickly implement known public health strategies to reduce the spread of the disease. We ask for the public’s help. Please follow the prevention steps and recommendations we have continued to promote.” stated Sara Jo Best, Lincoln Trail District Health Department Public Health Director.

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